

# HOW HEALTHY IS YOUR HEART?

17<sup>th</sup> of May is World Hypertension Day



## ***What is Hypertension?***

Hypertension or “high blood pressure” is a blood pressure of or more than 140/90. The pressure of the blood against the walls of the blood vessels can result in damage to the blood vessels which can lead to heart attack and/or stroke

Hypertension or high blood pressure is the leading cause of deaths and disability worldwide

According to the World Hypertension League:

- 18% of deaths and 162 million years of life were lost in 2010
- 4 in 10 adults over the age of 25 years suffer from Hypertension
- 1 in 5 adults over the age 25 have Pre-hypertension
- In Sub-Saharan Africa, 7.3% of health care budget is spent on Hypertension
- There has been a 67% increase in Hypertension between 1990 and 2010
- 40% of deaths in people with Diabetes are caused by Hypertension
- 50% of heart disease, stroke and heart failure is caused by Hypertension

**The good news is that Hypertension is both Treatable and Preventable.**

## RISK FACTORS FOR HYPERTENSION

- Overweight
- Family History of Hypertension
- Frequent smoking of tobacco/alcohol
- Older age
- Diabetes
- Suffering from stress
- High intake of salt
- Lack of exercise/sedentary lifestyle



## Know Your Numbers:

Category	Numbers	Action
Normal BP	Below 120/80mmHg	Continue BP check-ups every year
Pre-Hypertension (At Risk)	Below 140/90mmHg Above 120/80mmHg	Make lifestyle changes Exercise more, eat less salt BP check-up annually
Hypertension	Above 140/90mmHg	See your healthcare provider you may require Hypertensive treatment

## What can we do to prevent Hypertension?

- ✓ Find ways to manage your stress levels
- ✓ If you are overweight or obese you should try and lose some weight
- ✓ Get outside! Spend at least 30 minutes in the outdoors
- ✓ Eat less salt, try cut down to 1 teaspoon of salt (5g) for the whole day
- ✓ Exercise for at least 30 minutes most days of the week
- ✓ Eat more fresh fruit and vegetables – (at least 3 veg and 2 fruits per day)
- ✓ If you smoke, try to cut down and eventually stop
- ✓ If you drink alcohol, try to cut down and eventually stop
- ✓ GET YOUR BLOOD PRESSURE TESTED!

For more information please contact Andrea Bursey, Health and Wellness Manager for Sodexo

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